



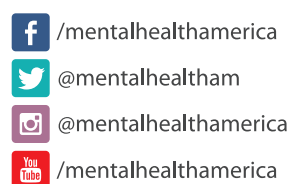
LIFE CAN BE INTENSE, AND SO CAN THE EMOTIONS THAT COME ALONG WITH IT.

FIND INFO AND TIPS ON HOW TO DEAL AT [MHANATIONAL.ORG/BACK2SCHOOL](https://mhanational.org/back2school).

IF YOU'RE CONSTANTLY OVERWHELMED BY ALL THE FEELS, YOU MAY BE EXPERIENCING THE FIRST SIGNS OF A MENTAL HEALTH CONDITION, LIKE DEPRESSION OR ANXIETY.

TAKE THE YOUTH SCREEN AT [MHASCREENING.ORG](https://mhascreening.org) TO CHECK ON YOUR MENTAL HEALTH. IT'S FREE, CONFIDENTIAL, AND ANONYMOUS.

ONCE YOU GET THE RESULTS, MHA WILL PROVIDE YOU WITH MORE INFORMATION AND HELP YOU TO FIGURE OUT NEXT STEPS.



IN CRISIS?

If you or someone you know is struggling or in crisis, help is available. Call 988 or chat at 988lifeline.org. You can also reach Crisis Text Line by texting MHA to 741741.